

# 190115 Day Two: Back Squat

## WEEK FIVE

Pro 29:9

If a wise man contends with a foolish man, Whether the fool rages or laughs, there is no peace. It's a lost cause to argue with a fool. If or when you do there is no longer one fool talking but two. A fool only desires to hear himself.

**Base:** ROM @ Jog 1600\*  
(5)

**Skill:** Air Squat for Flexibility  
(5)

**Strength:** WEEK FIVE add 10-20 Pounds  
1 Round of 20 Back Squats

Be sure to warm up properly before attempting the 20's  
(15)

See Week Two for the Rx

Super strength and super size without drugs or machines.

Just simple gut wrenching effort. READY?

Here's how it works:

<https://nebula.wsimg.com/9dbf4100b0528962fd01d6d3e0535f3a?AccessKeyId=84E1E384CC4CE290F3F5&disposition=0&alloworigin=1>

**MetCon/Stamina/Endurance:**

Jog another 1600\*  
(12)

\*Try to find a soft grass area or all weather track surface for your running efforts if possible.

Train hard with purpose:

*“And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by Him.”*

*Col. 3:17*